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*Movement Arts, Health Promotion & Leisure Studies*

# *Exercise Sciences in the Summer*

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Spend your Summer at Bridgewater State University

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## PHED 400: Physiology and Techniques of Strength Fitness

Knowledge of the effects of heavy-resistance exercise training protocols on musculoskeletal integrity, metabolic capacity and various specific tissue characteristics in the human body. Thus, the course necessarily considers microanatomical and physiological variations associated with general strength conditioning programs, body building, Olympic lifting, power lifting, circuit training, variable resistance, isotonic, isokinetic and isometric resistance training. May be taken for graduate-level credit.

**Dates: 5/28/19-7/1/19**  
**Taught by Dr. Robinson**

## PHED 404: Exercise Prescription

The development of individual prescriptive exercise programming with respect to individual contraindications. Environmental conditions along with intensity, duration and frequency of physical activity will be studied to develop programs. May be taken for graduate-level credit.

**Dates: 7/8/19 - 8/9/19**  
**Taught by Dr. Swart**

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